

# Major in: Exercise Science Applied EXS Track

Advisor Signature:

## Student Name:

### Student ID:

Major 72-74 hours, 36 UD	Hrs	Has	Lacks
Required Core Courses (32)			
PE 230 Foundations of Exercise Science	4		
PE 310 Motor Learning	4		
PE 371 Kinesiology *	4		
PE 415 Lifespan Motor Development	4		
PE 444 Lifespan Adapted Physical Activity	4		
PE 470 Sociological and Psychological Aspects	4		
of Physical Activity			
PE 473 Physiology of Exercise	4		
PE 483 Biomechanics	4		
Applied Exercise Science (40)			
HE 325 Nutrition	4		
PE 419 Internship in Exercise Science	4		
PE 485 Exercise Testing & Prescription	4		
Choose two courses:	8		
HE 426 Sports & Exercise Nutrition			
PE 484 Adv Topics in Biomechanics			
PE 486 Adv Topics in Motor Behavior			
PE 487 Adv Topics in Physiology			
of Exercise			
PE 488 Exercise Motivation and Adherence			$\left  \right $
Advisor approved Electives	20		
Advisor approved Electives	20		

#### Student Signature:

### Date:

Program notes & Additional Degree Requirements					
It is recommended that students take BI 102, and BI 234,235, to fulfill the Natural Science requirement in the LACC. BI 234, 235 and 236 are prerequisites to several major required and elective courses. See course descriptions for specific prerequisite requirements.					
Exercise Science majors must have a grade of C used to satisfy requirements of the major.	- or bett	er in co	urses		
Minimum degree requirements of at least:					
180 or more total credit hours					
62 Upper Division credit hours					
45 of last 60 credits earned at WOU campus					
BA Degree Requirements					
CS 101 or higher					
Math 105 or higher					
Writing Intensive:					
<b>—</b>					
Foreign Language:					
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BS Degree Requirements					
CS121 or higher Math 111 or higher					
CS/Math/Stats:					
CS/Mail/Stats.					
Divorsity		<u> </u>			
Diversity:					
Writing Intensive:					